

# Completing the annual *Know Your Numbers* Biometric Screening with your personal physician.

Every year between August 1<sup>st</sup> and October 31<sup>st</sup> WellPath participants (WellPathians) assess their health in a meaningful way through and process affectionately referred to as **Know Your Numbers (KYN)**. You can always find information about KYN at [www.wellpath.info/kyn](http://www.wellpath.info/kyn).

KYN consists of 1) A WellPath Orientation, 2) KYN Biometric Screening and 3) KYN Health-Risk Assessment. The best place to start is on the MyPathwaytoHealth.com portal.

The SRP-MIC-sponsored health plan covers an annual physical and preventive blood work 100% with no deductible or copay required. Simply schedule with your personal physician and download the KYN Screening form from the MyPathwaytoHealth.com portal. It looks like this:

**SRPMIC Company Health Screenings**

**CRITERIA AND INSTRUCTIONS**

The following testing criteria **must** be met for the participant to be eligible for the wellness program incentive.

- All of the sections requested on this form (Sections A, B, C, and D) are required. Any missing information will prevent results from being entered and may delay completion of your wellness program requirements.
- The required fasting laboratory test include: **Lipid Panel, Fasting Glucose**
- The required biometrics include: **Blood Pressure, Height, Weight, and Waist Circumference**
- The blood sample must be drawn between 1/1/2021 and 12/31/2021 and by venipuncture only.
- The completed Health Screening Form (including Sections A, B, C, and D) and the official supporting laboratory reports must be returned to eHealthScreenings via a secure email [ehs.physicianscreening@ehealthscreenings.com](mailto:ehs.physicianscreening@ehealthscreenings.com) or via fax (210-757-2245).

Please note: Lab results can take up to 10 days from the date the physician returns the materials to eHealthScreenings before they appear in My Pathway to Health.

**Section A | PARTICIPANT INFORMATION (participant to complete)**

First Name: \_\_\_\_\_ Last Name: \_\_\_\_\_  
Sex: ☒ M ☐ F Last 4 SSN: \_\_\_\_\_ DOB: (mm/dd/yyyy): \_\_\_\_/\_\_\_\_/\_\_\_\_\_  
Phone: \_\_\_\_\_ Email: \_\_\_\_\_  
Participant Signature: \_\_\_\_\_ Date: \_\_\_\_\_

**Section B | PHYSICIAN AND/OR TESTING FACILITY INFORMATION (physician / nurse to complete)**

Physician & Practice / Facility Name: \_\_\_\_\_  
Address: \_\_\_\_\_  
Phone: \_\_\_\_\_ Test Date (mm/dd/yyyy): \_\_\_\_/\_\_\_\_/\_\_\_\_\_  
Physician Signature: \_\_\_\_\_ Date: \_\_\_\_\_

**Section C | BIOMETRIC TEST RESULTS AND FASTING STATUS (physician to complete)**

**Blood Pressure & Body Measurements**

Systolic: (mmHg)	Diastolic: (mmHg)	Height: (inches)	Weight: (lbs)

**Fasting Status**

☐ Yes, I fasted for more hours  
☐ No, I did not fast for more hours

**Section D | LAB TEST RESULTS. PARTICIPANT MUST fill in and submit BOTH this form and lab report by the deadline.**

**Blood Testing Results**

Total Cholesterol: (mg/dl)	HDL Cholesterol: (mg/dl)	Triglycerides: (mg/dl)	Glucose: (mg/dl)	LDL Cholesterol: (mg/dl)	Uric Acid: (mg/dl)	Member can self-report waist circumference
						Waist (inches)

To contact eHealthScreenings email us at [ehs@ehealthscreenings.com](mailto:ehs@ehealthscreenings.com) or call (888) 708-8807.

**LAB REPORT MUST BE ATTACHED.**

Take the form with you to your physical with your doctor and ask them to fill it out and return it by their secure e-mail or fax.

When Orthus receives your KYN Screening results they report to WellPath that you have completed the screening and your MyWellPath account is updated for you.

The results from your KYN Screening are entered into your KYN Health Risk Assessment. Now your KYN Health Risk Assessment report includes this important health information to provide a comprehensive assessment of your health.

If you have completed the WellPath Orientation and the Health Risk Assessment prior to the KYN Screening, congratulations! You have completed the KYN Assessment Process, and 100 points will be credited to your MyWellPath account to be redeemed for the incentive of your choice.

New to the KYN process this year: If you schedule a **KYN Consultation with your WellPath Coach** you earn an additional 50 WellPath Points. With your permission your WellPath Coach can access your KYN information to review with you. You and your coach can also look at past KYN results (in years to come) to see if health factors are improving or declining. It's easy and you can meet with a coach online or at the worksite.

If you like you can set a Health Enhancement Goal to improve your health. When you successfully complete the goal you will earn 100 WellPath Points. Coaches can also help you qualify for the Exercise incentive of 50 points for 3-months of consistent, effective, and safe exercise.

The KYN process is the best way to make sure you maintain good health over the years. So here is the break down of the incentives you may receive: If you complete the KYN assessment process you earn 100 WellPath Points. If you have a KYN consultation with a Wellpath Coach you earn 50 WellPath Points. Set and achieve a Health Enhancement Goal for 100 points and consistently exercise for a year and earn 200 WellPath Points. That's 450 points worth \$450 to assess, and improve your health, or maintain good health each year. For more information visit [www.wellpath.info/kyn](http://www.wellpath.info/kyn) or e-mail [wellness@srpmic-nsn.gov](mailto:wellness@srpmic-nsn.gov).